

# The Hampden-Sydney Tiger

September 27, 2023

*"The Hampden-Sydney student will behave as a gentleman at all times and in all places."*

Issue CIII.10

## LIVING WITH ADHD: OSA HOSTS DR. KEEL '02

## FARMVILLE HOSTS HEART OF VIRGINIA FESTIVAL



JACOB GARNER '27  
STAFF WRITER

Adjusting to college can be a challenge for anyone with ADHD. This challenge is furthered by the new experiences the freedom that comes with college offers. Students are given true freedom for the first time, which can lead to experimenting with new substances as a form of self-medication. Dr. Scott Keel '02, a world-renowned expert on ADHD and Hampden-Sydney alum, has had personal experience with these challenges. Keel struggled with his ADHD

ous behavior].” The concept of “whole health” is care that is specifically tailored to a person and is focused on helping the patient in all aspects of their life. In his practice, Keel promotes “less addictive, cleaner medicines” and “proper management techniques to deal with ADHD.” He believes that “with the right treatment, you can transform a person overnight.” Keel is also recognized around the world as an expert in addiction. A major topic he discusses is the ever-increasing risk of drugs. He goes into detail about

The more we suppress [our problems], the more power [they] get.

throughout his time at H-SC and knows how dangerous self-medication through drugs and alcohol can be. After graduating from H-SC in 2002 and while preparing for the LSAT, Keel’s father passed away. This event pushed him towards traveling to Europe and other parts of the world, which he would do for 15 years. When he returned, he had a new purpose, motivated by his “own current struggles with ADHD.” Keel started to work towards his MD and Masters of Public Health in order to “help people with ADHD hit their innate potential.” On Tuesday September 19th, 2023, Keel gave a talk to Hampden-Sydney students about ADHD, possible treatments, and risks associated with trying to self-medicate as a form of treatment. Throughout the talk, Keel was open and honest about his own life and struggles with his own ADHD. Keel gave the talk to start educating students on whole health and how to notice early signs [of danger-

the risks of fentanyl and discusses the dangers of laced drugs. He also mentions that any addiction can lead to extremely negative side effects, even if death is not one of them. Addictions to pornography or sex have their own set of negative side effects that can inhibit your functioning at school. When it comes to seeking help for any problems related to mental health or addiction, Keel believes “the more we suppress [our problems], the more power [they] get.” This can lead to the problem becoming so “powerful” that it is hard to overcome and can be more dangerous to live with. However, this does not mean there is no hope. We are humans, and we are not perfect. Our mistakes do not define us, nor should they define our lives. Keel knows that treatment and bettering oneself “all comes down to acceptance.”

MATTHEW MISCIKOWSKI '26  
STAFF WRITER

On the 16th of September, the town of Farmville put on the Heart of Virginia Festival. The Heart of Virginia Festival is a celebration and ode to the small businesses and culture of central Virginia. This event has been happening since 1978 and has only become more popular since its inception. I had the opportunity to attend the event as a volunteer and witness firsthand how the dedicated volunteers, coordinators, and small businesses came together to pull off a spectacular event. On a chilly Saturday morning at 5:30, preparations for the event started to wind up. Roads were blocked-off, and volunteers gathered outside of the Townhall to start the event. The event sees a healthy number of volunteers from Hampden-Sydney and Longwood every year, and such individuals form the backbone of the workforce at the festival. After a time, orders are distributed, and volunteers split off to begin setting up tables and chairs for some of the live music events that will be occurring later in the day and to provide din-



Photo courtesy of Matthew Miscikowski '26

ing space as well. By the time volunteers finish setting up music and dining accommodations, vendors begin to roll onto the blocked off streets to begin their own preparations. It is at this point that volunteers split up and begin assisting incoming vendors. This most often means setting up canopies and tables for the vendors so that they can focus on getting their goods or entertainment ready for the day. Certainly, helping the vendors provides an excellent opportunity to get to know them as people. I certainly met many

pleasant and interesting individuals while helping them get ready for the day. After a few more hours, most of the vendors had been set up and were ready to open for business. By this time the volunteers, including myself, were released and free to roam the event as a new set of afternoon volunteers would begin to trickle in. The streets became more and more crowded as the morning sun rose higher in the sky, and the vendors picked up the crowds. Walking up and down the streets of the festival was an elating experience

as I saw a myriad of colorful businesses and entertainers that the volunteers and I had helped to set up for the day. Later in the day, I also got to speak with the lead coordinator of the event, Susan Sullivan, who gave me a bit more history on the event. When the festival started back in 1978, it was an arts festival instead of a place for small businesses and services to advertise at. Over the years this festival gradually morphed into the beloved festival that it is today. Since the start of the festival is has un-

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## LONGWOOD SORORITY SPONSORS BOYS ON THE RUN

JEFFREY YOUNG '27  
STAFF WRITER

Last Sunday, September 24th, Longwood University’s Alpha Sigma Alpha chapter came to Hampden-Sydney and hosted the 1st annual “Boys on the Run” event. This exciting endeavor featured both a one-mile fun run and a 5k relay, and its primary purpose was to raise charitable funds for

the Longwood sorority, with the winners of the 5k relay race being Hampden-Sydney’s Noah Lacy, Jonathan Pope, and Gaines Weis. A total of 47 individuals eagerly participated in the event, each contributing a modest \$3 registration fee. The event’s charity run was organized in support of “Girls on the Run,” an organization dedicated to empowering girls in the 3rd-8th grade range. The or-

ganization’s mission centers on the enhancement of social, emotional, physical, and behavioral skills among these young girls, equipping them with essential tools to navigate life’s challenges successfully. While inquiring about their specific fundraising goal for this initiative, the event organizers candidly admitted that they were navigating uncharted waters, as this was their first venture into such a

charitable endeavor. However, their uncertainty did not dampen their spirits, and they expressed tremendous pride in the remarkable support they received. By the time the race concluded, the event had raised an impressive sum of over \$400 in donations.





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The Hampden-Sydney Tiger

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We accept submissions in the form of letters or guest columns. Brevity is encouraged. Interested writers, cartoonists, and photographers can send us an e-mail at [newspaper@hsc.edu](mailto:newspaper@hsc.edu).

Crossword

My father always told me to look up the definitions of words that I came across as I was reading so that I could “improve my lexicon.” After ~20 years, I figure it might be time to listen to him. To force myself to follow through, I have decided to make my crosswords from words that I come across in certain books. These are works of literature that I find personally entertaining... or that I am forced to read by our benevolent dictators. Point is, we are going to learn a heck of a lot of fancy, new words from these crosswords.

This issue’s crossword comes from Washington Irving’s *The Sketch Book*, a compilation of Irving’s greatest works and essays. In addition to being famous beyond belief, Irving also possesses one of the most developed lexicons that I have ever seen in my life. With these new words from Irving, you too can appropriately describe marital problems; reference heroes of old; and, frankly, sound like a geezer even by 18th century standards. Good luck!

ACROSS

1. never willing to admit defeat

6. the state of being ready to “play the brown bugle”

8. having a ruddy complexion

11. having a habit that is unlikely to change

14. a domineering woman

16. of, in, or appropriate to spring

18. the morning song of birds

19. a state of even

more extreme poverty

20. a confused mixture; hodgepodge

21. a state of extreme poverty

22. tending to quarrel

25. a childhood friend and fellow soldier of Achilles

27. the act of romping

30. a small stream

32. a false and slanderous statement

33. a small bunch

of flowers, typically one that is sweet-scented

34. being nagged by one’s partner

35. having the same blood

36. not knowing, as if one were blind

37. constant attentions to someone

DOWN

2. having a perky preparedness

3. loose pants

4. with hands on

the hips and elbows turned outward

5. having a disposition toward harming others

7. to reference

9. lacking a plan, purpose, or enthusiasm

10. an arrangement of steps that allows people but not animals, to climb over a fence

12. Greek heaven

13. relating to the relationship of a married couple

15. an oppressive stillness of the air

16. way too easy, lacking a challenge

17. complete, utter

23. mottled fur, like that of a dalmation

24. bad-tempered, spiteful

26. an overbearing woman

27. the part of a wall that encloses the end of a pitched roof

28. rude and vulgar language

29. either of two climbing plants

31. of various kinds; several

34. grayish white, old and trite

Crossword Answers

9/14

Opinion: Breakthroughs With Bruton

JACK WHELAHAN '26

GUEST WRITER

I found myself having to attend a certain event at the Kirk Athletic Center basketball court. When I got there bright and early at 7:45 AM (Saturday, Sept. 16), I partook in an array of tests. As I went through these trials of sorts, I worked alongside one of a couple different teams. These tests partially engaged each teams’ athleticism and physical condition, but they more importantly engaged the teams’ faculties and ability to communicate with one another. Shockingly, the Wilson Center held this event. As many may have heard already, the Wilson Center has a new director, Vinton Bruton IV. His overall career has granted him experience as both a teacher of history, but also as an infantry officer in the United States

Marine Corps. Relating back to that event however, Mr. Bruton debriefed the lay of the land upon everyone’s arrival, namely informing the Wilson Fellows of the tests’ and trials’ rules. He additionally encouraged a critical self analysis of each team, thus improvement. He added that when each team assesses their performance, they ought to be critical, not just for honesty’s sake, but for objectivity—a strong dissent to what many may view as the plague of participation trophy culture. Furthermore, Mr. Bruton asserts that doing the opposite, such as describing a sub-optimal performance as ‘excellent,’ is simply [something I am not allowed to say for purposes of this article].

Frankly, I couldn’t agree with him more. The literal motto of Hampden-Sydney College reads “forming good

men and good citizens since 1776.” I don’t see how anyone could call themselves “good” if they can’t produce both an honest and reflective judgment about their performance. In conjunction with his standards delineated among the Wilson Fellows, he attended to each team making brief appearances both encouraging and assisting them during their trials. I found Mr. Bruton’s succinct advice paired quite nicely with my team’s work, and I presume the former did as such with other teams as well. During his initial debriefing, Mr. Bruton acknowledged that he seeks to preserve the weight both General Sam Wilson’s name and the Wilson Fellowship title holds. Succeedingly, he announced that all Wilson Fellows who failed to attend the meeting, which they received invitation to, would be ousted from the Leadership

Program entirely. Now, although this decision might come off as controversial to some, I have no doubt that this degree of enforcement will mitigate the attendance issues the Wilson Center has faced. Especially when considering this issue, I don’t think those fond of playing hooky will bear the Wilson Center this problem—as long as we see the kind of regulation Mr. Bruton demonstrated today.

In light of improving the Leadership Program’s engagement and demands, Mr. Bruton further alluded to enacting greater physical activity and comradery among each class. More specifically, the Wilson Center will host more events that converging classes’ participation and involving more athletic activities. I think this aspiration certainly takes a leap in the right direction for the Wilson Center’s

goals. Nevertheless, I think the Leadership Program should also enforce an emphasis on leadership activities. In other words, I think we should engage more theory(ies) of leadership, and take a more contemplative approach to the subject. Although the experiential opportunities of leadership yielded by activities like the ones I partook in hold value, I don’t think they alone prove sufficient. On the contrary, implementing an academic style of leadership education will give greater and more expansive understandings among the Fellows. Additionally, such a feat would reinforce Hampden-Sydney’s intellectual values as a liberal arts college. I believe that enacting such a change would also incentivize the Fellows to understand and study leadership more closely (particularly if this academic makeover in-

cluded undertakings, such as regular tests).

Therefore the Fellows could better learn about leadership, especially if they happen to have neglected the GVFA, and/or philosophy departments. Nevertheless, I admit my personal interest in leadership theory inspires my expression of these wishes. Although, in the back of my mind, I know I would be being dishonest if I said I didn’t have a fear that a too physical approach to the Leadership Program would result in it becoming somewhat of a Hampden-Sydney Boy Scouts group. But, that’s not to say that I don’t welcome and encourage physical conditioning among both Wilson Fellows and the common people. Nonetheless, I think the Wilson Center ought to find a healthy balance of all these

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LIFE

THE HISTORY COLUMN:  
AMENDMENTS THAT WEREN'T, PART 2

WYATT THORNTON '26  
COPY EDITOR

In last edition’s article we explored four of the amendments that passed Congress but failed to gain ratification among the states. This week we will look at the other two such amendments, as well as some of the more interesting proposals for amendments that never made it quite that far. **Equal Rights Amendment:** This amendment, proposed in the House in 1971 and in the Senate in 1972, was an amendment that would have constitutionally enshrined equality between men and women. The deadline for ratification was 1979 and by 1977 the amendment had been ratified by 35 states, three short of what was necessary. The amendment faced opposition

from conservative women, and in the following years five states would rescind their ratifications. **D.C. Voting Rights Amendment:** This amendment would have made Washington D.C. a state in all but name. This amendment would have allowed the District the ability to vote in the Electoral College, the ability to vote in Con-

gress, and the ability to participate in the Constitutional amending process. Had this amendment been ratified, it would have repealed the twenty-third amendment which allows D.C. to vote in presidential elections. The amendment, proposed in 1978, had a seven year deadline. By 1985 the amendment had only been



Photo courtesy of Wikimedia Commons

ratified by sixteen states. There have not been any amendments proposed for ratification since this amendment was proposed in 1978. Now that we’ve gone over the amendments that failed ratification, let’s take a look at some of the more interesting suggestions for amendments that have been made but didn’t get quite as far. **11 of the 13 Original States needed:** This amendment was proposed in 1790 and would have made

it so that for any new amendments to be ratified, they would have needed 11 of the original 13 states’ ratifications as well. The text of this amendment read “that no amendments to the Constitution of the United States, hereafter to be made, pursuant to the fifth article, shall take effect, or become a

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CHRISTIAN’S CORNER:  
LOOK TO THE SOUL

KADE MINTON '25  
STAFF WRITER

Members of the Hampden-Sydney community, I pray that these first few weeks of the academic year have been fruitful. Maybe you have met similar-minded people, or maybe you have met people completely opposite of you. Whatever the case, the beginning of the academic year offers a multitude of experiences that can quickly get overwhelming. If you have not already come to realize, decisions must be made. One cannot possibly participate in everything at Hampden-Sydney. So, how should a person begin to choose what they do with their time? Perhaps choosing with regards to your soul is a good place to start.

Last issue in the Christian’s Corner, we found that the soul was an important aspect of Christian life. In fact, “soul” is mentioned hundreds of times throughout

the Bible, and the soul is undeniably intertwined with the afterlife. After studying Matthew 16:26, worldly matters can interact with the soul, negatively (sin) or positively. However, nothing earthly can guarantee the soul’s final resting place. This week’s article will investigate how earthly matters might positively interact with the soul.

The first bit of scripture that mentions direct benefits for the soul can be found in Proverbs: “Gracious words are like a honeycomb, sweetness to the soul and health to the body” (16:24). This scripture should make sense considering that “words” literally created humanity out of dust. The right words may cleanse the soul: “Your sins are forgiven.” And of course, “it is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person” (Matthew 15:11). So, the words you choose

to say can positively affect your soul and other’s souls. Think about a time when someone gave you the exact words you needed to hear. The resulting effect from hearing those words was not a coincidence. Your soul had been touched. In a similar manner, Proverbs 2:10 outlines another benefit for the soul: “for wisdom will come into your heart, and knowledge will be pleasant to your soul.” Knowledge, in a broad sense, can be taken as anything that settles the unknown. Do you ever feel relief when you are finally in the know? For example, when you know the day is about to be over, or when you know your mom will be home soon. Of course, much in life will be unknown to us, and the soul will frequently be uneasy because of lack of knowledge. Thankfully, with God, we can always be in the know. We know that salvation resides in His only son, Jesus;

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OPINION: THE FUTURE OF POLITICAL INCLUSIVENESS ON CAMPUS

JOHN C. HAYNES '26  
OPINION EDITOR  
AND  
RYAN PARRISH '27  
GUEST WRITER

**Parrish:** When I first visited Hampden-Sydney College, I rolled my eyes at the idea of the campus brotherhood. To me it seemed wish-washy and silly. When I finally arrived here, I realized that the brotherhood is real. There is a real sense of comradery between me and the guys here simply because of the

fact that we all go to Hampden-Sydney. When I’m walking past people, it’s hard to keep my headphones in because somebody will be saying “Hi.” However, there is a distinct problem of diversity at Hampden-Sydney. Of course, Hampden-Sydney is a predominantly white institution. Though, the concern of today is political diversity. There is no doubt that Hampden-Sydney has a large conservative majority. The prob-

lem in this majority is not that the school is right-leaning, the problem is that left-leaning voices are often drowned out. It is clear that many students here are in a cultural bubble where they haven’t experienced many voices that aren’t their own. Thus, it becomes extremely difficult for a person with left-leaning views to express themselves and challenge the majority. **Haynes:** In the past year that I have been at Hampden-Syd-

ney, I have felt welcomed by many of the students I meet day-to-day. Similarly though, I often believe that my opinions are disregarded based on the mere fact I identify as a liberal. I have rarely felt active judgment based on my opinions, but I have also rarely spoken my opinions publicly in fear of backlash. I would not expect the average Hampden-Sydney brother to hostilely react to my political opinions. However, there

is a base assumption among many of our brothers that one must be a conservative to attend the school. I recall a story told to me by a friend, in which two freshmen, searching for the College Republicans table quipped, “Well, who needs a College Republicans? Just coming to this school is like joining the club already.” When the assumption is that one must be a conservative to be a true part of the brotherhood, it makes those

with liberal opinions feel like outliers. With this feeling, many with liberal political opinions self-sort into their own social group, without integrating into the wider campus community. **Parrish:** In the current state of this campus, there is very little place to express more liberal and left-leaning perspectives. With this in mind, we are trying to create a more open campus. I ran

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TIGER TALES

JONATHAN COLEMAN '26  
STAFF WRITER

“We will now hear the verdict in the case against this boy!” The judge glared sternly down from his seat at the small boy squirming in the chair. Less than a week had passed since the boy had been discovered. The soldiers who followed his friend to the secret clearing had brought him before the authorities that very day, and a trial had been scheduled without delay. The Dictator wanted to make an example of the boy, and with good reason: he had

to prove his draconian policies remained unchanged. The courtroom was packed with guards, officials, and spectators. The boy’s father, due to his profession, sat at a table near the front, forced to watch as his son stood before the jury that would inevitably condemn him. “Do you deny,” the judge asked, “that you were found to be violating the law?” The boy squirmed uncomfortably but he stared the judge straight in the eyes with a look of determination, refusing to back down. “No,” he said, his voice



Photo courtesy of Wikimedia Commons

remarkably even. “Then how do you explain your actions?” the judge inquired. His frustration was evident in his face; he clearly hadn’t expected the boy to be so blunt. “I found a stick. There’s nothing wrong with that, is there?” the boy replied bluntly.

STICK: PART THREE

The judge sighed in exasperation. “No. It’s what you did with it that was wrong.” “So I broke the law,” the boy said. “But I discovered a different way to do things. I think you should all be grateful for that.” In the back of the courtroom, the boy’s mother buried her head in her hands.

The judge’s voice became dangerously low. “However you excuse it, there are consequences to your actions. You’re looking at a hefty sentence, boy.” The boy’s father could take it no longer. “For goodness’ sake!” he blurted out. “It was a stick! A piece of wood!” The judge turned to face him. “Not anymore. Now it’s two sticks.” He snapped his fingers, and a guard stepped forward, clutching the boy’s stick. Reaching the front of the room, he lifted it high, then brought it down

and cracked it in two over his knee. Most people averted their eyes, but the boy’s parents looked on, awaiting their son’s reaction. The judge, too, stared down at the boy, his eyes alight with malice, as if he expected the boy to burst into tears. The boy only stared back at him, obstinate as ever. “I can’t erase what I did. Neither can you.” The judge turned to the crowd. “This case requires no deliberation. This boy refuses to admit his wrongdoing, but the evidence is

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SPORTS

MLB: CHANGES IN BOSTON

PETER TARSOVICH '26  
STAFF WRITER

Before he could conclude his fourth year in the position, Chief Baseball Officer Chaim Bloom was fired by the Boston Red Sox on September 14th. Bloom's tenure as CBO was certainly an interesting one, as the Boston sports faithful witnessed many highs and lows. If the MLB season ended today, the Red Sox would finish last for the third time with Bloom in charge. Many Red Sox fans dwell on the fact that under Bloom, the team dealt beloved superstar and 2018 American League MVP Mookie Betts to the Dodgers for prospects that haven't particularly aged well. Letting Xander Bogaerts sign with the Padres in the 2022 offseason, overpaying for an injured Trevor Story while not going for other big name free agents. For a team that has won four World Serieses since 2000, many people expect the Red Sox to be big spend-

ers and compete for championships, but people also forget why Red Sox owner John Henry elected to go with Bloom. Bloom was mainly signed to get the Red Sox under the luxury tax and try and attempt to build a compet-

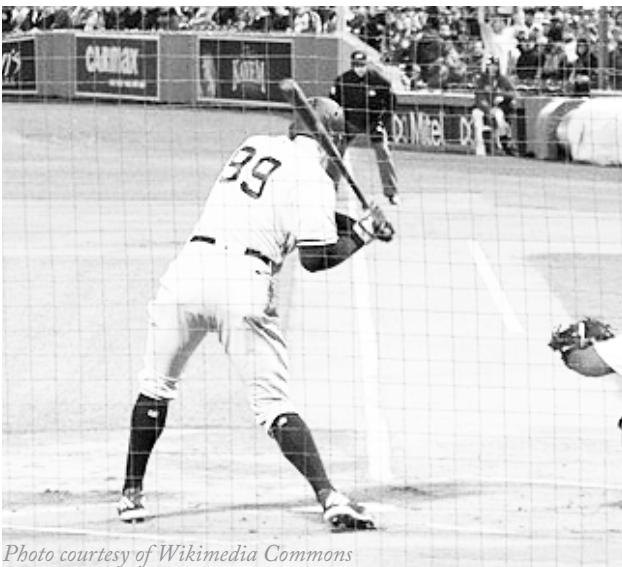


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itive team under said luxury tax. As seen in 2021, when everything went right for the Red Sox, they were able to make the American League Championship Series and be two games from the World Series. While Bloom let some of the homegrown superstars walk (Betts, Bogaerts) and even traded a few (Andrew Benintendi, Chris-

tian Vazquez), he brought in some new pieces that have set the Sox up for contention years down the line. Masataka Yoshida, Ryan Refsnyder, Chris Martin, John Schrieber, and Nick Pivetta are all players Chaim has

brought in over his tenure who have become fan favorites and even shown glimpses of glory. Another thing that Bloom excelled at was drafting and managing the farm system. When he came into the position in 2019 the Red Sox were ranked dead last (30/30) in the MLB's farm system rankings compared to now at the

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GREAT DAY FOR TIGER BALL:  
TAILGATING THUS FAR

BRANDON FINCH '26  
STAFF WRITER

Football season is underway as we Tigers head into our sixth week of classes. So far, our football team has played three games and has a record of 2-1. The latest win for H-SC took place at an away game played against Greensboro. The Tigers pulled out an impressive 58-28 win against their opponents. Senior Quarterback Andrew Puccinelli stood out in this game as he proved his leadership on the field and put on a spectacular performance that earned him ODAC offensive player of the week. After this decisive victory, the Hampden-Sydney Football team now heads into a well-deserved bye

week on September 23rd as they prepare for their next home game against Bridgewater on September 30th. At Hampden-Sydney, our gentlemen win on the field but also off the field. The Tigers have had two successful tailgates with four more left in total. The Tigers have taken advantage of the comradery and rowdiness of the student tailgate while also forming connections with alumni who hope to pass down some of their pro tailgating tips and tricks. There's a reason why people say that Hampden-Sydney is a D3 school with D1 tailgates.... As it currently stands, the Tigers are 1-1 at home, but with the help of us fans, the Tigers can advance to 2-1

against Bridgewater. To make sure this victory is attainable, be sure to make an appearance on September 30th and root for our football team! Perhaps the biggest game to look forward to in the coming weeks is the Homecoming game on October 21st against our rivals Washington and Lee. Homecoming weekend proves year after year to be a great weekend for family and alumni to visit. Make sure to mark your calendars! The season is shaping up to be a great time to be a Tiger fan, so keep your weekends free to ensure that you do not miss a single moment of Hampden-Sydney football! Roll Tigers!

OPINION: THE LGBTQ+  
CANARY IN THE COAL MINE

ELIAN TOAPANTA-SANCHEZ '24  
GUEST WRITER

Let's not mince words, eradication is their goal and they will not stop there. There has been a surge of anti-LGBTQ+, particularly anti-trans, rhetoric and legislation in the past two years. This rhetoric has led to rolling back years of progress and exposing the degree to which ignorance and hatred has gripped the nation. Prominent right-wing agitators take the stage at CPAC to call for the eradication of "transgenderism," whilst Floridian legislators refer to transgender people as "demons" and "mutants." Schools and children's hospitals receive bomb threats for displaying support for queer youth. In California, a shop owner was shot and killed for flying a pride flag. The situation is dire, but it

does not end here. Between June of 2022 and April of 2023, the ADL and GLAAD tracked at least 356 anti-LGBTQ+ motivated incidents. 49% of those incidents involved individuals associated with extremist groups, 128 incidents involved the use of antisemitic tropes, and 30 incidents involved racism. It should be of no surprise to anyone that bigotry begets bigotry. Thus, it should not be hard to recognize that the genocidal rhetoric being employed today bears a striking resemblance to that used in Nazi Germany. Four months after Hitler's rise to power, Nazis stormed the libraries of the Institute of Sexology, a research space dedicated to studies of human sexuality. They burned tens of thousands of medical records, images,

and books, sparking the beginning of the infamous Nazi book burnings. Homosexuality was regarded as a Jewish conspiracy intended to undermine German values and corrupt the youth. Those who did not conform with the traditional notions of gender faced prosecution, internment, and death, echoing the brutality inflicted upon other groups targeted. Today, as legislators debate the fundamental human rights of transgender people, pay attention to the dehumanizing rhetoric employed. Observe those who rally in support of hate, for it is likely that their targets will not end with the LGBTQ+ community. Remain vigilant and prepare to stand resolute against the discrimination and oppression of your fellow human. It is our duty as good men and good citizens.

RUBINO REPORTS:  
OFFENSIVE JUGGERNAUTS!

NICK RUBINO '25  
STAFF WRITER

In an exhilarating week for the NFL, week 3 did not disappoint. There were so many high-scoring games that left fans either extremely satisfied or the complete opposite. This week's marquee matchups included: *Denver Broncos vs. Miami Dolphins*: The Miami Dolphins move to 3-0 as they embarrass the Broncos 70-20. Tua Tagovailova had a great game in the air throwing for 309 yards and 4 touchdowns with Tyreek Hill being his primary target with 9 receptions for 157 yards and a touchdown. On the ground, Devon Achane had a stellar game running for 203 yards and 2 touchdowns on 18 rushing attempts. The Dolphin's offense was only stopped one time throughout the game as they scored every other time they had the

ball on offense. This, simply put, was a historic performance. The Dolphins are not slowing down either as they look to prepare for a division matchup against the Buffalo Bills next Sunday. For the Broncos, they fall to 0-3 and are looking for an answered prayer to get back on track for the season. *Chicago Bears vs. Kansas City Chiefs*: The Chiefs easily handled business at home as they now have a winning record moving to 2-1. Superstar Patrick Mahomes had an excellent game throwing for 272 yards and 3 touchdowns as his main receiver was his go-to man. This go-to man in question was none other than Travis Kelce. Kelce had 69 yards and a touchdown on 7 catches for the day. Running back for the Chiefs Isaiah Pacheco got the job done on the ground running for 62 yards and getting a touchdown. The Chiefs offense dominated the game hav-

ing 456 total yards compared to the Bears' 203 yards. The Chiefs will go on to face the New York Jets next week, hoping to improve their record to 3-1. *Houston Texans vs. Jacksonville Jaguars*: The Texans got their first win of the season versus Trevor Lawrence and the Jaguars. The good win here moved their record to 1-2. CJ Stroud, the rookie quarterback out of Ohio State, had a breakout game throwing for 280 yards and 2 touchdowns. His main receiver this game was Tank Dell, who had 5 receptions for 145 yards and a touchdown. Running back Dameon Pierce carried his weight on the ground as well for the Texans running for 31 yards and a touchdown on 14 carries. The Texan's offense looked good this week as they had 0 turnovers and looked efficient when it came down to clutch time.

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HEART OF VIRGINIA, CONT'D

dergone numerous other changes such as it being held in September instead of May to draw in the Longwood crowd during their family weekend. The strategic change helped the 140 small businesses in attendance this year get massive exposure due to the increased crowds.

Having 140 vendors was also a big leap forward for the festival since vendor attendance has been light since the end of the pandemic. As a volunteer at the event, I got to witness firsthand how the event was put together and run. It seems that the festival is an intri-

cate dance between volunteers, vendors, and Farmville. This dance is beautiful and truly personifies the Heart of Virginia.



# THE PEANUT GALLERY

## THREE-POINTERS FROM MR. SHOTWELL

CARTER SHOTWELL  
GUEST WRITER-COUNSELOR

Bonjour, mes frères! Hola, mis hermanos! Let’s talk foreign languages. Love, hate, or indifferent, you’ll need to pass through the intermediate level to get your diploma. Here are three tips to help get you there.

**Repeat Repeat Repeat.** Think how many times a baby has to hear a word before they can say it. Our brains need many, many examples of a language in order to make sense of it. Try narrating what you’re doing in complete sentences throughout your day. Watch media in your foreign language, and turn on the subtitles. Break up your homework into smaller sessions throughout the day. Review your book/notes before starting on quizzes and

homework to make sure you’re practicing correctly. If you’re working on fill-in-the-blank assignments, write out the entire sentence rather than just what goes in the blank so that you get practice with the context of the word.

**Do your homework!** Homework is structured practice. Your professor gives the readings and assignments that they do for a reason! As you do your homework, be aware of your mindset. If you’re just thinking of it as a completion grade, you might not get a lot out of it. Resist the temptation of using the internet to “help” on your homework. It’s unethical, obviously, and it also keeps you from learning the material for yourself.

**Use your supports.** If you’re struggling, there’s no need to

power through it alone. Go visit your professor during office hours so you can get specific feedback for what you’re doing well and where you’re getting confused. And get yourself to tutoring! Tutors are trained students who won’t judge you or talk down to you. They’ve seen plenty of other students with the same issues you have. If you don’t have a specific question, you can just use tutoring as a study hall. You’ll probably be more productive, and you’ll have someone to ask questions of right away if you hit a wall.

*Mr. Shotwell works in the Office of Academic Success. If your scholastic game is off, he can help you get on track. Email cshotwell@hsc.edu to book an appointment.*

GREYSON HURLEY ’24  
STAFF WRITER

Hampden-Sydney College was founded in order to ‘form good men and good citizens’ who would shape the future of this great nation. Hampden-Sydney Men were meant to lead. We were meant to dare greatly. To impact our communities; change lives. But what does leadership look like? Never fall into the trap of thinking about leadership like it is an elected or hired position. Leadership opportunities can be found wherever two or more people are gathered. When you are in a class discussion, you can step up and lead the conversation. You can lead on your athletic team by modeling effort and determination. Dorm life abounds with opportunities to mentor, guide, and take care of your fellow man. It can even be standing up for someone else. These examples will hopefully prime you to

seek out chances to lead. According to Mr. Henrik Rasmussen ’03, “General Wilson used to say that Hampden-Sydney men are ‘Dragon Slayers.’ I took that to mean that it’s my duty as a Hampden-Sydney man to go out and find dragons to slay—to find a worthy cause that’s larger than myself and work for it.” Now that you have

good foundation of what leadership is. I like to think of leadership even more simply. In essence, leading means deciding on a vision, disseminating that vision to your team or followers, and then going about accomplishing your goal. While leadership is nuanced and full of technique, there is no reason that it cannot also

According to Mr. Henrik Rasmussen ’03, “General Wilson used to say that Hampden-Sydney men are ‘Dragon Slayers.’”

some ideas of how you can lead, let’s talk about what leadership means. The Army describes it in Field Manual 6-22 as, “the process of influencing people by providing purpose, direction, and motivation while operating to accomplish the mission and improve the organization.” I know not everyone is going into the military when they graduate, but this should serve as a pretty

be simple. Utilizing this framework, you can go on to positively impact any group you may find yourself a part of. You can even do this starting today! Every Hampden-Sydney student ought to cultivate his leadership skills. Hampden-Sydney is synonymous with leadership. Our campus holds plenty of opportunities; now take charge and lead.

## VIRI ET ROMÆ

OWEN KAHN ’27  
STAFF WRITER

Over the past month, a TikTok trend has been gaining traction wherein women ask their boyfriends and husbands how often they think about the historic Roman Empire. These women listen with incredulity as the men in their lives recount how they cast their minds to the great civilization anywhere from “maybe once a month” to “every day.” When asked their reasoning, the men often cite how Rome comes to mind when they think about the everyday conveniences. These conveniences include roads or our Latin-influenced language that the Romans pioneered and innovated. A quick internet search for the trends reveals a wealth of op-eds from mainstream sources like Forbes, CNN, and Rolling Stone concerning the trend. The authors opine on the reasons for the wide-ranging fascination and cite the influence of media, memes, and political ideology among other things. I think many reasons play into the fascination; it is certainly a deeper

one than can be expressed through the thoughts of 18-to-30-year-old men in front of their snickering girlfriends’ iPhone cameras. Our modern fascination with Rome parallels the Romans’ fascination with Greece. When I asked fine arts professor Dr. Nicholas Morgan how much he thought about the Roman Empire, he replied that it was often, though he claimed it more in relation to the Greeks that the Romans got their best inspiration from. Rome, in turn, has influenced the historical development of countless Western societies, including our own with regards to government, culture, art, and architecture. Roman advances are one of the main pillars our civilization stands on. The use of historical romanticism by our society in turn influences the way Rome is taught about in school and portrayed in the media. Media and memes undoubtedly influence the perception of Rome as a grand and accomplished civilization. Our current politics often draw parallels between current trends of perceived societal decay and perceptions of

the fall of Rome. When I asked H-SC students how often they thought about the Roman Empire and in what contexts, I was met with a variety of answers. Freshman Taylor Arrington said he thinks about it multiple days a week, mostly in the context of the movie *Gladiator* (2004), saying that “Russell Crowe is a beast.” Senior Patrick Young said he thinks about it “probably once a day at least, usually when it’s relevant to a political or religious discussion.” Our own history columnist Wyatt Thornton said he thinks about Rome only once or twice a month, generally turning his mind to other historical topics. A junior who did not wish to be named said he thinks about Rome “whenever someone from UPLS talks to me about anything” and “when I’m trying to justify in philosophy class why Roman candles should be used to spice up alcohol parties.” Varied as they were, these answers were all interesting to me and corroborated my thoughts on the trend. It is generally safe to say that people like history,

## TUCKER THOUGHTS: THE ONE WHEREIN HE JOURNALS AND COLUMNIZES

JEB TUCKER ’26  
ASSOCIATE EDITOR

I was speaking to an old friend the other day, who complained to me that the poems she was writing were becoming too personal to really share with anybody. I sympathized. I realized then that I had unknowingly employed a gap in things I write—a gap of personality that separates writings that I show to people from writings for my eyes only. The latter section is populated almost entirely by frantic messages in the margins of my notebooks and writings in an old leather journal. I was thinking, then, about the writings I keep to myself. I realized that the only way anybody will ever see those entries is if I gain some degree of prominence and then die, leading somebody to swoop in and publish my journals so that the public can thumb through them and say, “Wow, he was a sad fellow, but he

sure could wield a turn of phrase.” I find comfort in this. I don’t expect to quite be so prominent or respected, but even if I do make the criteria for published journals, I’ll simply be too dead to care. There’s a nobility to the art that is practiced alone. Journaling is my choice of example. When I journal, I write letters to myself. This strikes me as the only conversation a man can have entirely without pretense; with no other being am I entirely on the same wavelength. If I speak to any other human, there’s some level of restriction I unconsciously consider regarding personality or things not mutually understood. When I write to myself, though, I do not have to worry about conception or understanding, for they overlap exactly. The only problem is that, when given an opportunity to directly address the man in the mirror, I don’t always remain civil.

Writing is subject to many, many impositions depending only on its purpose; the words I throw down into my journal have free stylistic roam, their only purpose being to adequately carry their propositional content and to make it fun as they do. The poor, unfortunate words that I dedicate to a philosophy paper are stringently restricted, unconcerned with wit, and half of them are doomed to erasure. This arduous employment, though, by no means lessens the joy of the easy-going one. The same way that one imagines a truck driver must enjoy an unguided weekend cruise behind the wheel of a car, we can enjoy the aimless and frivolous use of our writing. I like it so much that I force a full column of it onto the unsuspecting denizens of Hampden-Sydney College every other week. Columns seem to be a curious sort of bridge between

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# THE BACK PAGE

## TUCKER, CONT'D

tween that restricted professional writing and the kind we employ for our own pleasure. The way to make a columnist is simple: find an aloof, wry news writer, grab him by the ear, put him on a soapbox, and tell him to go. If he swims, you've got a column; if he sinks, call him a guest writer. It is my hope that *The Tiger*-reading public considers my head above water, so that I may continue to dogpaddle from issue to issue and never have to write a real article again.

## ROME, CONT'D

even surface-level fascination can yield enjoyment and satisfaction, and can lead to greater study. As one of the foundations of our civilization, there is a lot we can learn from Ancient Rome, and the many characteristics of it that we can both emulate and try to avoid. To all those men who cast their minds to the violent stabbing of Caesar, the aphorisms of Marcus Aurelius, the civic

nobility of the senate, and the Legions tramping their way across the Empire—keep dreaming, but go beyond what you see in movies and on Instagram Reels. Let the romance and grandeur of the greatest civilization the world has ever known animate you to study it, and to accomplish even greater things.

## BRUTON, CONT'D

pursuits in the long-term. To conclude, I thank and congratulate Mr. Bruton for helping the Wilson Center take this leap in the right direction, as I enjoyed these activities he set up. Furthermore, I look forward to seeing what else he has to offer the Leadership Program, and if you see him on campus, don't hesitate to introduce yourself and say hello!

## CHRISTIAN'S CORNER, CONT'D

and knowing this means knowing everything. Thus, one last scripture can illustrate the greatest benefit to the soul: "Behold, God is my helper; the Lord is the sustainer of my soul" (Psalm 54:4). Above all else the soul longs for any connection to its creator: "My soul thirsts for God, for the living God" (Psalm 42:2). So, good words, knowledge, and any connection with God seems to be three things that can be found on

Earth that would positively affect the soul. Most importantly, the connection with God is crucial. But how exactly can the soul connect to God while it resides on Earth? An intermediary might serve this purpose. Next article, this intermediary between the soul and God will be discussed. Again, if you have any questions or concerns, please feel free to reach me at [mintonj25@hsc.edu](mailto:mintonj25@hsc.edu). May He keep you and bless you!

## MLB, NFL, CONT'D

end of 2023 sitting with the 5th best farm system in the entire league. Even though the Red Sox were unable to bring home a World Series during the Chaim Bloom era, I think Red Sox fans should thank Bloom for putting the Sox in a good spot to compete in the coming years.

Houston hopes to turn this win into a two-game winning streak next week as they go to play the Steelers away. With another week in the book, the same question remains: who will win it all in February? So far, there are only three undefeated teams left, the Dolphins, the 49ers, and the Eagles. Keep an eye out for all of them!

## FAILED AMENDMENTS, CONT'D

part of the Constitution of the United States, after the year one thousand seven hundred and ninety-three, without the consent of eleven of the states heretofore united under the Confederation" (the Amendment Project). **The Dueling Amendment:** In 1838 an amendment was proposed that would have banned anyone involved in dueling from holding a federal office (Amending America, 10). This amendment was proposed after representative Jonathan Cilley had been killed by Representative William Graves earlier that year in a rifle duel. **The United States of the Earth:** Representative Lucas Miltiades Miller proposed in 1893 that

the United States of America be renamed to the United States of the Earth. His motivation for this was that the country could conceivably expand to eventually incorporate all nations around the world. **Second and Third Vice-Presidents:** The first of these amendments was proposed in 1886 by Samuel Dibble. The amendment would have established the office of Second Vice-President. The Second Vice-President would be elected at the same time as the President and Vice-President, and would serve in the event that the President and (First) Vice-President had both resigned from office, were removed, or incapacitated. In case

that wasn't enough, Representative William Crain proposed an amendment less than two weeks later which would have established a third Vice-President. **Six year term:** Amendments similar to this have actually been proposed many, many times, the first of which was in 1826. One in particular was proposed by 1912 by John Downey Works (in 1912 alone it was proposed at least seven times). It would have made it so that the term for President and Vice-President would be one six year term, and after having served the term both the President and Vice-President would have been ineligible to run again. The last amendment of this type was

proposed in 1992. **Ludlow Amendment:** This amendment, proposed by Representative Louis Ludlow multiple times from 1935 to 1940, would have made it so that any declaration of war from Congress would have had to be approved by a national referendum. There was a caveat for if the United States had come under attack, in which case a referendum would not be required. These are just some of the more interesting proposed amendments of the over 11,000 that have ever been proposed. One can only imagine what life would be like had some actually had the opportunity to be and were ratified.

## TIGER TALES, CONT'D

clear as day. He will be sent to a prison camp until he has changed his ways and become a contributing member of society once again." Two burly guards stepped up behind the boy, took hold of his arms, and dragged him

out of the room. At the door, they halted long enough for the boy to take one last look back at the pained, sorrowful expressions of his parents. Then they were gone. The boy's father watched the door slam shut, and his

gaze caught his wife's from across the courtroom. She stared at him with wide, scared eyes, clearly awaiting a reassurance he couldn't give her. Instead, he shook his head morosely, unable to express his thoughts—

which was probably for the better. He didn't know what he would say, but he knew it wouldn't be anything good. He could only wait and watch, and hope that his son stayed strong.

## POLITICAL INCLUSIVENESS, CONT'D

for Student Senate on the platform of making this place more welcoming to minorities. It is my goal to promote the Minority Students Union (MSU) and Unity Alliance (UA) as places for those who feel left out on this campus to go to. Sometimes when around other classmates, someone might say something homophobic. These words give me pause, as many can't tell that I'm a bi man. It makes me wonder, "What would be the things people would say to me if I could hide my skin color?" Places like MSU and UA are important because I can be all of myself. There is no part of myself that I need to hide out of fear of backlash. For this reason, I dedicate my job in the Student Senate to the continuation of these clubs so that they may run smoothly. **Haynes:** Last semester, after a particular Student Senate meeting where I turned up with many of my fellow students,

I stayed for club approvals. During club approvals, a speech was delivered to propose the creation of our campus's Young Americans for Freedom. While I respect the existence of this club and do not—in any way—seek to demean their place on campus, this approval process sparked a particular comment that inspired me to take action. A particular nameless Student Senator bellowed his approval for the club because, "I see the woke mob already taking root on this campus." On a campus that almost prides itself on conservative culture, I found this comment hilarious. After this particular comment, my friend Evan Old and I exchanged glances and knew what to do. Shortly thereafter, Old and I drafted the constitution for the Hampden-Sydney College Democrats. In starting and approving this club, we sought not to provoke political hostility, but instead to provide

a voice for political dissidents on this campus. It is vital that our campus have a mainstream liberal voice, or else the polarization that plagues this country shall cast out those of liberal opinion from this campus. **Parrish:** I have high hopes for the College Democrats and will work to help it grow. Just like the UA and MSU, I want a place liberal and left-leaning people can go to express their political opinions. As the club grows, I hope to do more events to express more left-leaning thoughts on campus. On campus I want to invite a diverse group of speakers, have more open discussions between those of differing opinions, and bring political tolerance to Hampden-Sydney. I have a vision of this school being a great place where all can come here and be who they truly are. I want to work towards that end. **Haynes:** It will be a difficult effort to both maintain the

culture of Hampden-Sydney while still providing political openness. Our school is already a friendly place to interact with people, but we cannot maintain a facade that those in the brotherhood are of one background. Our brotherhood is diverse, we have many people and thus many voices. Already, those from other schools treat us as a monolith. There is the stereotype of the Hampden-Sydney man as WASP hard partiers from generational money. By creating clubs that represent diverse voices, we prove to ourselves and to others that Hampden-Sydney is more than just a stereotype; we are a brotherhood. We are a brotherhood that includes all Hampden-Sydney students. For Hampden-Sydney to thrive, it is time for students of diverse voices to speak up and take their place as brothers.